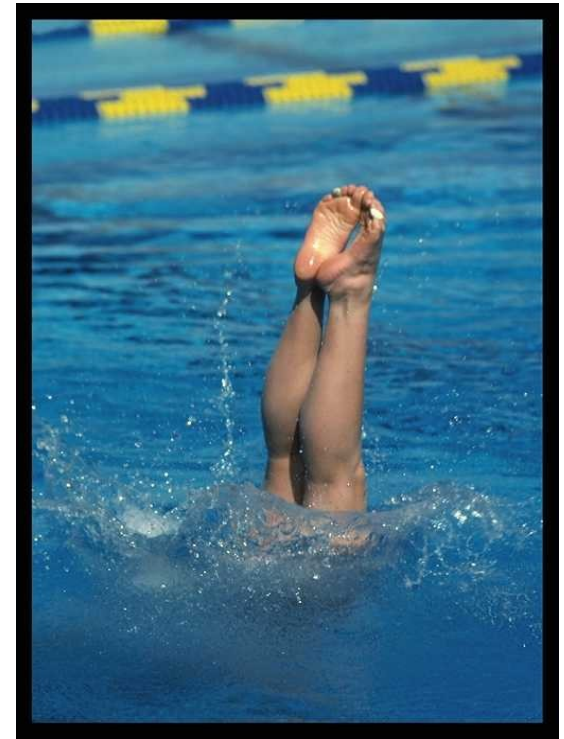


SUMMER OFF-DUTY SAFETY



1992 4th of July show at Jordan, Minnesota. By Scott L'Ankovic.
Photograph by Mark Minic. Photography, St. Paul, Minnesota. (612) 773-3372



SWIMMING_

- PRACTICE SWIM TECHNIQUES
- NEVER SWIM ALONE
- SWIM IN AREAS WITH LIFE GUARDS
- NO ALCOHOL
- LOOK BEFORE YOU LEAP



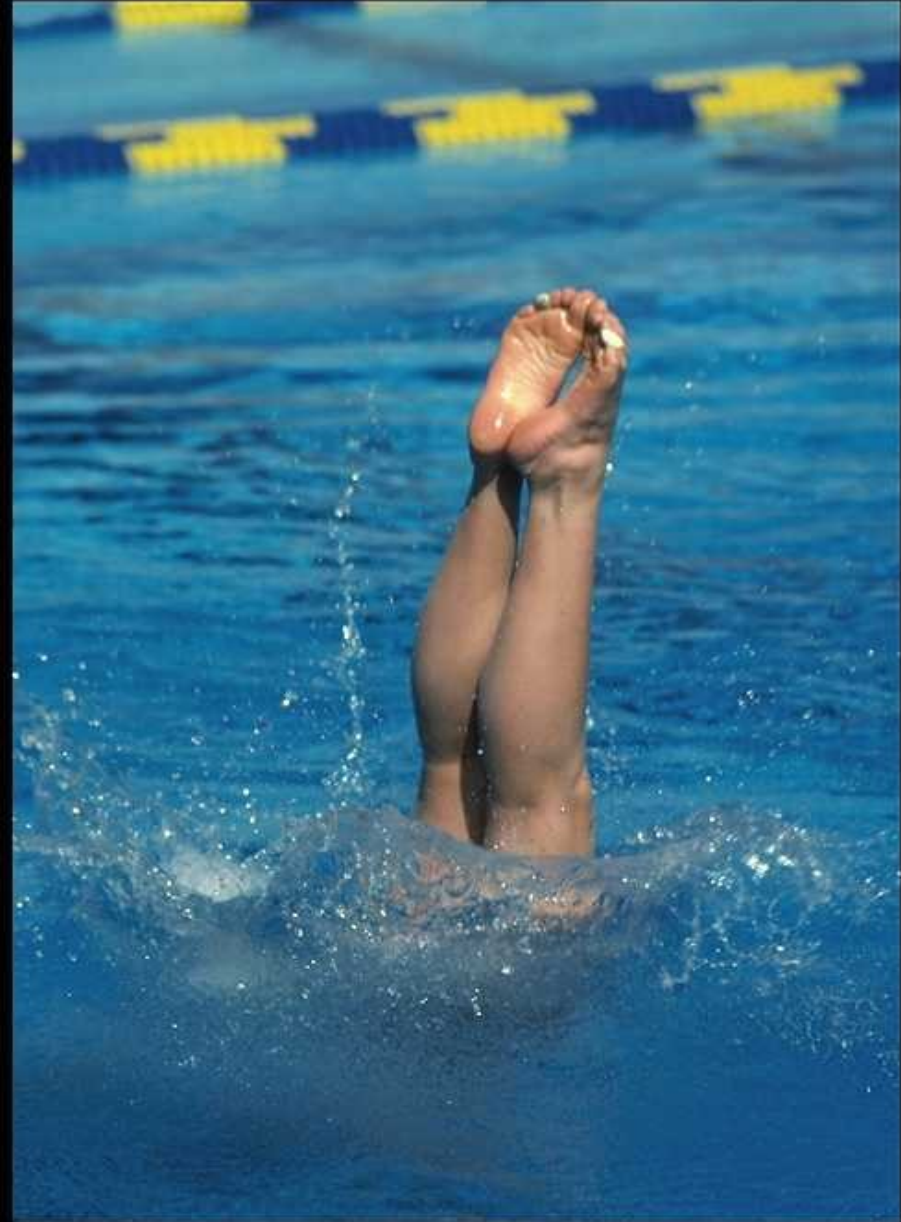
LOOK BEFORE YOU LEAP!

■ **Manage the risks** ■

Don't dive unless you know the depth of the water and the type of surface below

Watch for partially submerged sandbars

IT CAN HAPPEN TO YOU!

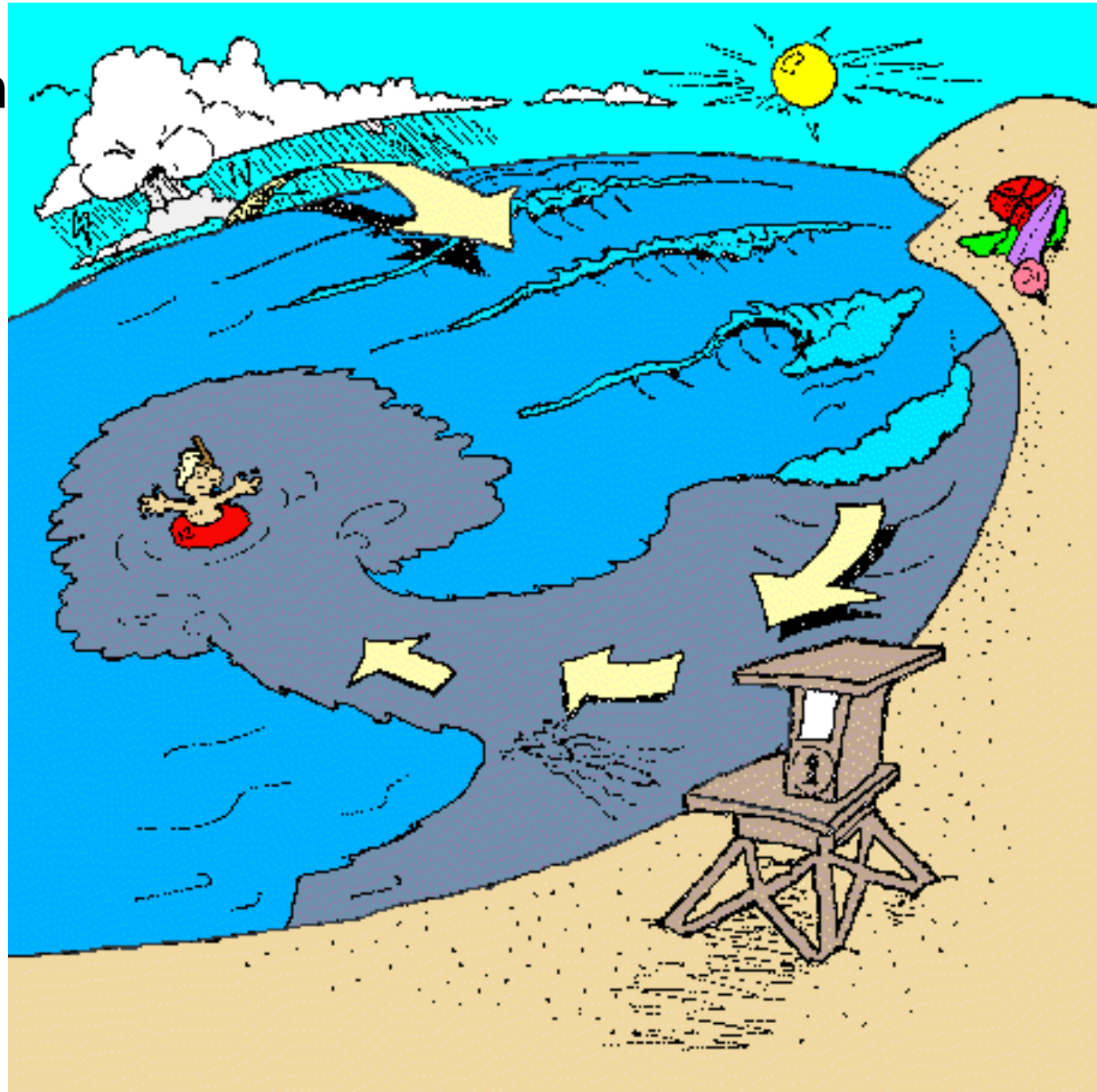


BEWARE OF RIP CURRENTS

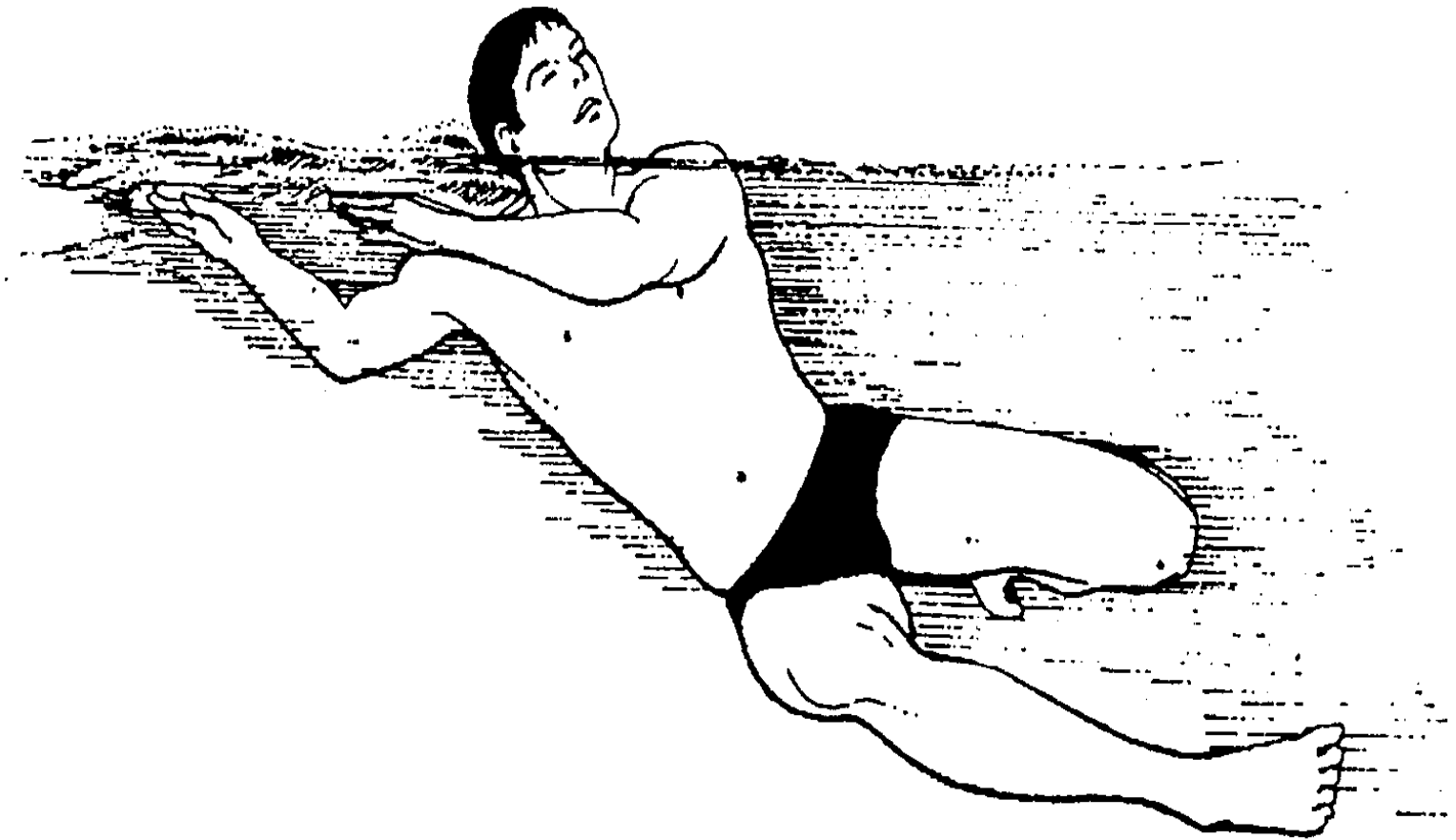
If you find yourself caught in a RIP CURRENT, turn and swim **PARALLEL** to the shore line.

Once out of the stronger current turn and swim into shore.

If you attempt to swim against the RIP CURRENT, you will most likely succumb to fatigue and



SHALLOW WATER BLACKOUT



SCUBA DIVING

**Don't let the
risks manage
you**

- **Certification**
- **Dive tables**
- **Dive with a buddy**
- **Two-thirds rule**
- **Hand signals**



BOATING

A photograph of a man and a woman on a sailboat. The man is wearing sunglasses and the woman is wearing a colorful bikini. They are both smiling and looking towards the camera. The sailboat has a multi-colored sail (yellow, blue, purple, red) and is on a body of water with a clear blue sky in the background.

MANAGE THE RISKS

- » Safe boating course
- » Load capacity
- » Safety equipment
- » Float plan
- » Personal flotation devices (PFDs)
- » Weather conditions

PERSONAL WATERCRAFT (PWC)

- SAFETY TRAINING
- DEAD MAN SWITCH
- PFD

- NO WAVE/WAKE JUMPING
- DO NOT RIDE IN SWIM AREAS
- DO NOT EXCEED POSTED SPEED LIMIT
- OBSERVE SAFETY RULES

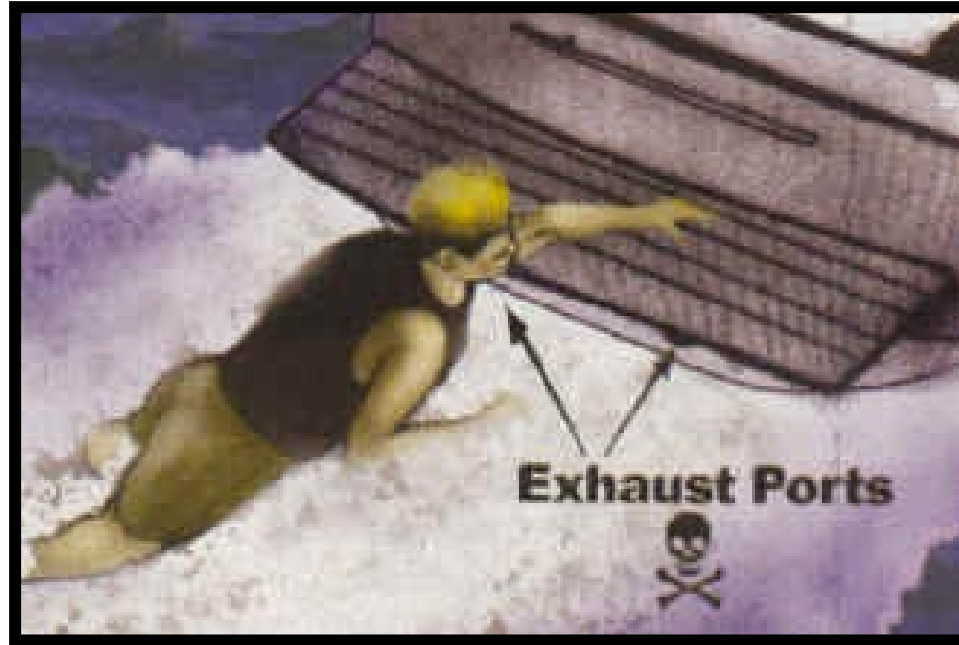


Teak Surfing and Carbon Monoxide Poisoning



Teak surfing is a new water "sport" where swimmers hang on to a powerboat's swim platform (often made of teak) and get towed through the water. In one variation, the "surfer" will let go and body surf on the stern wake. This is usually done without a life jacket because jackets

Teak Surfing and Carbon Monoxide Poisoning



In addition to the very obvious danger of swimmers being near moving propellers, there is a less obvious danger of carbon monoxide poisoning. A moving boat can pull a suction behind it which traps exhaust fumes behind the boat. Exposure to engine exhaust can cause teak surfers to faint, and, since they usually don't wear a life jacket *[the two don't go together]*, they can drown.

PERSONAL FLOTATION DEVICES (PFDs)



WHITE WATER RAFTING OPERATIONAL RISK MANAGEMENT

ORM



- IDENTIFY HAZARDS
- ASSESS HAZARDS
- MAKE RISK DECISIONS
- IMPLEMENT CONTROLS
- MONITOR/SUPERVISE



WHITE WATER RAFTING

IDENTIFY HAZARDS

- **FAST MOVING WATER**
- **HIGH WATER**
- **DANGEROUS RAPIDS**
- **DEBRIS**
- **COLD WATER**
- **POOR SWIMMER**
- **INEXPERIENCE**



WHITE WATER RAFTING HAZARD ASSESSMENT

Hazards

Assessment

- ☐ Fast moving water -
- ☐ High water -
- ☐ Class V rapids -
- ☐ Large debris in water -
- ☐ Cold water -
- ☐ Poor swimmer -
- ☐ Inexperienced paddlers -

Risk

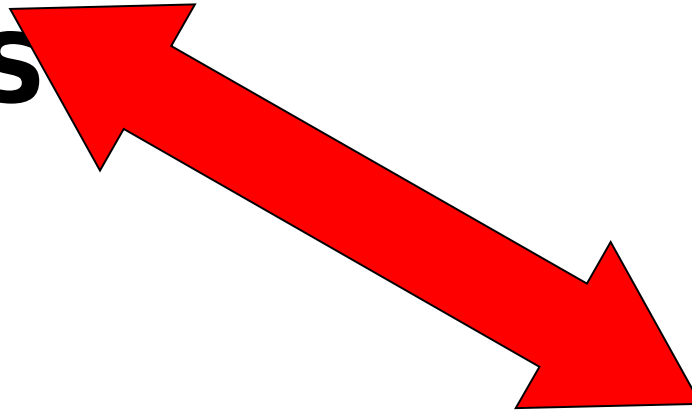
- Serious (2)
- Serious (2)
- Critical (1)
- Critical (1)
- Moderate (3)
- Moderate (3)
- Moderate (3)

WHITE WATER RAFTING RISK DECISIONS & CONTROLS

- **Dangerous rapids**
- **Debris**
- **Fast moving water**
- **High water**
- **Cold water**
- **Poor swimmer**
- **Inexperience**
- **Bigger boats**
- **Different route**
- **Scout area**
- **Scout area**
- **Wet suit**
- **PFD/helmet**
- **Briefing/practice**

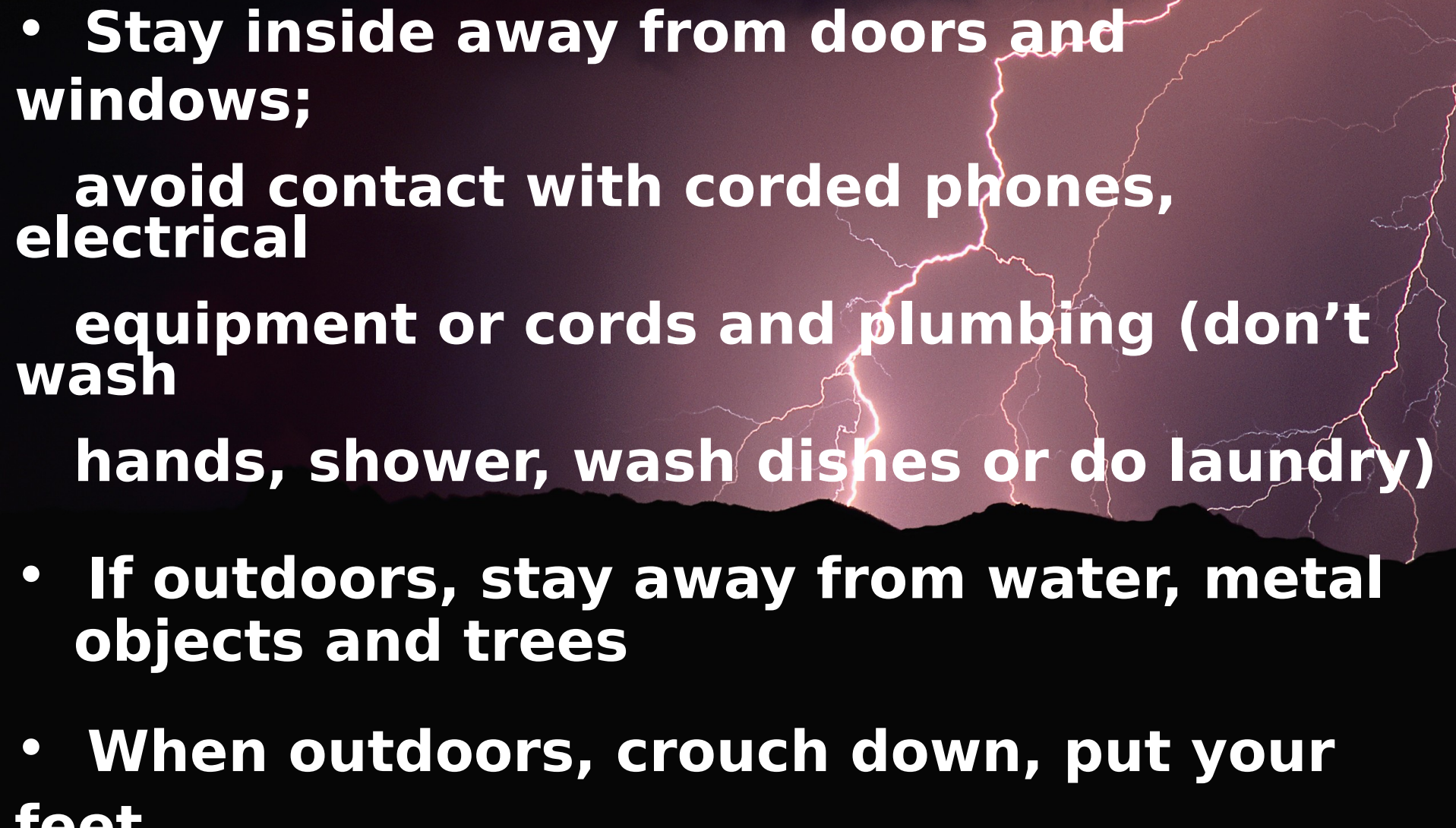
WHITE WATER RAFTING: MONITOR/SUPERVISE

**IMPLEMEN
T
CONTROLS**



**MONITO
R
OUTCOM**

LIGHTNING KILLS

- 
- **Stay inside away from doors and windows;
avoid contact with corded phones, electrical equipment or cords and plumbing (don't wash hands, shower, wash dishes or do laundry)**
 - **If outdoors, stay away from water, metal objects and trees**
 - **When outdoors, crouch down, put your feet**

FOURTH OF JULY

- **Attend professional displays**
- **If you decide to have a display make sure fireworks are legal**
- **Keep fireworks away from children**
- **Check the package for instructions on**



BARBECUING SAFETY

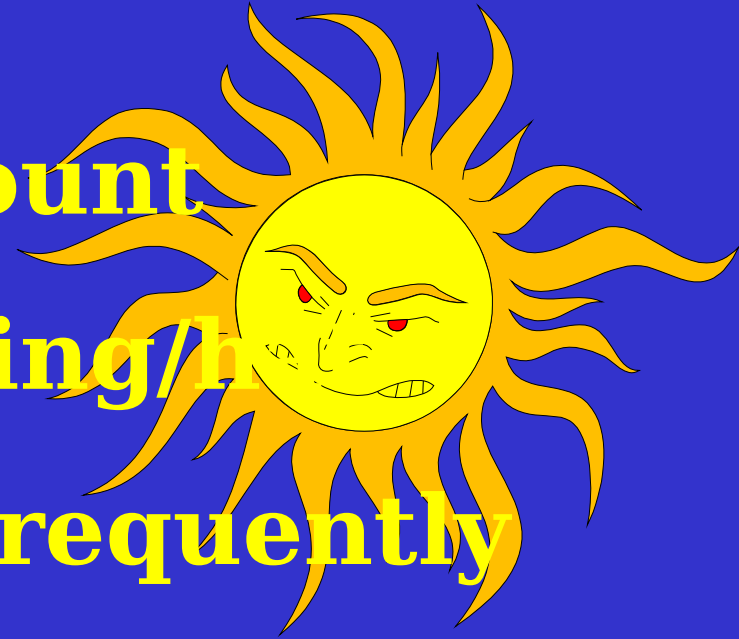
Manage the risks

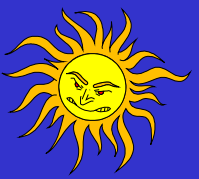
- Well ventilated areas/outdoors
- Approved lighter fluids/no gasoline
- Stand upwind when lighting grill
- For propane grills, open grill cover before lighting
- After cooking, shut the propane bottle



HEAT INJURY PREVENTION

- **Fluids/proper amount**
- **Appropriate clothing/h**
- **Sunscreen/apply frequently**
- **Early AM; Late PM; Indoors**
- **Monitor those at risk**
- **Follow work/rest cycles**



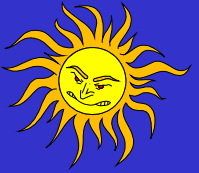


HEAT CRAMPS

usually

» Heavy sweating; Painful spasms

in the leg or abdomen muscles



HEAT EXHAUSTION

Sweating

» Person becomes weak;

heavily; Skin is cold, pale and

clammy;
vomiting.

Pulse is thready; Fainting and

HEAT STROKE

» High body temp - 106 or

MOSQUITO SAFETY

PROTECTION

- Mosquitoes deliver an itchy bite and can spread disease
- Most active at dawn and dusk
- Use repellent with DEET
- Wear a long sleeve shirt, long pants and a hat

CONTROL

- Get rid of all standing water
- Change water in birdbaths, fountains, wading pools and animal troughs at least once a week
- Clean gutters in spring and fall to ensure proper drainage
- Fix leaky sprinklers and faucets
- Repair or replace screens



RISK MANAGEMENT

